



**IN THIS ISSUE**

<b>Why You Should Eat More Fruits, Vegetables</b>	<b>1</b>
<b>Take Charge of Your Time</b>	<b>2</b>
<b>Understanding Alzheimer's Disease</b>	<b>3</b>

## **Why You Should Eat More Fruits, Vegetables**



Choices you make each day can affect your risk for cancer. The American Cancer Society says that if you do not smoke, choosing to eat a healthful diet and to be physically active are the most important things you can do to reduce your risk for many types of cancer.

Several studies have found that diets rich in fruits and vegetables help prevent cancer. "People with high fruit and vegetable intakes have about half the risk of cancer as people with low intakes," says Peter Greenwald, M.D., Ph.D., director of the National Cancer Institute's (NCI) Division of Cancer Prevention and Control in Washington, DC.

"Specifically, the evidence indicates that higher intakes of fruits and vegetables are associated with a decreased risk of developing esophagus, oral-cavity, stomach, colon, rectum, lung and larynx cancers," Greenwald says. In response, the NCI recommends eating five or more servings of fruits, vegetables and juices every day.

The NCI defines a serving as one medium fruit, 6 ounces of 100 percent fruit or vegetable juice, 1/2 cup cooked or raw vegetables or fruit, one cup of raw leafy vegetables or 1/4 cup dried fruit. Even eating just one extra serving of fruits and vegetables each day can help you avoid a dietary deficit.

### **Upping your intake**

Try to eat at least five servings a day of fruits and vegetables, especially those with the most color, which is an indication of high nutrient content. These tips can help you increase your intake:

Have a daily fruit snack.

Tuck a banana, apple, orange, some raisins or other dried fruit in your briefcase for a midafternoon snack.

Use sliced fresh fruit as a topping for pancakes, waffles and fresh yogurt.

Substitute chopped vegetables for some of the meat in your recipes.



For example: Add carrots, celery and green and red peppers to meatloaf; mushrooms and spinach to lasagna; and celery, zucchini and yellow squash to spaghetti sauce.

Drink a glass of 100 percent fruit juice with your meals.

Top hot or cold cereal with sliced bananas, fresh berries, raisins or other fruit.

Top lettuce-leaf salads with generous amounts of tomato, cucumber, celery and mushroom slices, onions, beets, radishes, green peppers, broccoli, shredded carrots, bean sprouts or fresh fruit.

Add chopped green, yellow or red peppers; broccoli; celery; onions; and cherry tomatoes to rice and pasta salads.

## Desserts with fresh fruit

Serve fresh-fruit desserts: poached pears, baked apples or fresh-fruit-topped angel food cake.

Double the amount of vegetables called for in soups, stews and casseroles.

Once or twice a week, serve a vegetarian main course such as hearty vegetable soup, meatless chili made with tomatoes and beans, vegetarian burritos or pasta topped with tomato, herb and vegetable sauce.

To keep your interest high, add one new fruit or vegetable to your diet every month. Some fruits you may not be eating: mangoes, papayas, dates, figs, apricots, pineapples, cranberries and rhubarb. Vegetables that shouldn't be overlooked: winter, acorn and butternut squash; snow peas; kale; bok choy; turnip; eggplant; endive; and collard and mustard greens.

Use your imagination. Top baked potatoes with shredded carrots instead of shredded cheese; mix chopped grapes, apples and raisins into chicken or tuna salad; add grated or pureed carrots, zucchini, pumpkin, bananas or berries to muffins and breads.

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## Take Charge of Your Time

Time is a precious commodity that's available to all of us in equal parts to use as we choose.

"Time is your personal possession. Nobody can manage it or fix it for you," says Glenn Van Ekeren, author of "12 Simple Secrets of Happiness at Work." "One of the best ways to use your time wisely is to ask yourself, 'Is this the best way for me to be spending my time right now?' And, if it isn't, change your activity to one that will bring value to your company."

Here are Mr. Van Ekeren's other suggestions to help you get a hold on wasted time.

- Peak hours -- Schedule work according to your peak productivity time. Dedicate those hours when you're most productive to doing things that give the highest return and produce the greatest value.
- Determine your priorities -- "Overambitious to-do lists can be unrealistic and anti-productive," says Mr. Van Ekeren. "Make choices. Sort out your 'have-to's' from your 'choose-to's.' You'll be amazed how many times you chose to do rather than have to do. Direct your energies toward activities that are the most important to you."



- Go for results -- Be result-oriented rather than activity-oriented. Activity doesn't equal accomplishment. "Measure your effectiveness by what you achieve, not by how busy you are," says Mr. Van Ekeren.
- Get organized --Have a place for everything and have everything in its place, then maintain that sense of order.
- Learn to say no -- Busy people must simply learn to refuse some demands on their time. "It's natural not to want to disappoint people, but sometimes we're unrealistic about our time limits," says Mr. Van Ekeren. "It's easy to let our ego get in the way of saying no. But you'll never feel in control if you're biting off more than you can chew."
- Work on your attitude -- Your attitude about how busy you are, the amount of time you have or the demands on your life can sabotage any effort to make the most of the time you have. Be flexible. Not everything will go as expected. Mr. Van Ekeren advises seeking new opportunities when your game plan runs into roadblocks.
- Do it right the first time -- If you don't have time to do it right, when will you have time to do it over?
- Place deadlines on yourself -- Don't allow minor or major projects to drag on indefinitely. Challenge yourself with deadlines and beat them. "Try not to leave projects hanging at the end of the day," says Mr. Van Ekeren. "Bring closure to as much as you can."
- Prepare for unexpected downtime -- Spare minutes created by waiting in airports, restaurants or traffic can be the perfect time to complete small projects.
- Get up earlier -- By rising 30 minutes earlier each day, you add 3-1/2 hours of productivity to your week. "Multiply that by 52 weeks, and you'll have an additional 180 hours to accomplish your priorities," says Mr. Van Ekeren. "I've used these extra hours to write books and get energized by reading inspirational reading material."

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## Understanding Alzheimer's Disease



Alzheimer's is a disease that causes changes in areas of the brain that control memory and reasoning. Why the disease develops is not yet fully understood. At present, it has no cure. But proper care can help most people with Alzheimer's live a comfortable life for many years.

### How the Brain Works

The brain controls all the workings of the body and mind. Different areas of the brain control different functions. Certain areas control physical tasks such as walking. Other areas control language skills. Still others control mental tasks such as remembering, concentrating, and decision-making.

### Changes in the Brain

In people with Alzheimer's, microscopic structures, called **plaques** and **tangles**, start to form. Brain cells then begin to die. The areas of the brain affected by these changes are the ones that control mental functions such as memory. Other functions, such as movement, are generally not affected until very late in the illness. That's why people with Alzheimer's disease look normal, but cannot form new memories no matter how hard they try.

## Who Gets Alzheimer's?

Alzheimer's disease tends to affect people over 65. The older you are, the more likely you are to develop the disease. But people as young as 40 can be affected. All types of people get Alzheimer's. No profession, education level, or race is immune. In some cases, Alzheimer's runs in the family. In other cases, no other family members are affected.

## The Effects of Alzheimer's Disease

Symptoms of the disease appear slowly. The average length of time from the first through the last stage is about 9 years. This time can vary widely.

- **In the early stage**, the person seems confused and forgetful. Recent events and conversations are often forgotten. The person may lose important items. However, the distant past may be remembered clearly.
- **In the middle stage**, more help is needed with daily tasks. The person may not know family members, may get lost in familiar places, and may forget how to do simple tasks. He or she may be restless, moody, and unpredictable.
- **In the late stage**, memory, judgment, and reason may be lost completely. Help with every aspect of daily life is generally needed.

## Treating Alzheimer's Disease

The goals of treatment are to manage symptoms and keep your loved one comfortable.

- **Medications** may improve symptoms in some cases. The doctor can determine which medications may help your loved one.
- **A management plan** that includes care and supervision is essential.
- **Regular doctor visits** help keep track of your loved one's condition.

*Krames Staywell*

For assistance with challenges like these, please call your  
New Directions EAP at 800-624-5544 or visit us online [www.ndbh.com](http://www.ndbh.com)